

Taco Salad¹⁰

Number of Servings: 10 (185.69 g per serving)

Amount	Measure	Ingredient
19.00	oz	Lettuce, iceberg, shredded
9.00	oz	Lettuce, romaine, fresh, chpd
9.00	oz	Lettuce, bibb, fresh
19.00	oz	Tomatoes, red, fresh, year round avg, med, 2 3/5"
9 1/2	oz	Chips, tortilla, low fat, bkd

Nutrients per serving

Nutrition Facts		
Serving Size (186g)		
Servings Per Container		
Amount Per Serving		
Calories 140		Calories from Fat 15
		% Daily Value*
Total Fat 2g		3%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 125mg		5%
Total Carbohydrate 27g		9%
Dietary Fiber 3g		12%
Sugars 3g		
Protein 5g		
Vitamin A 60% • Vitamin C 25%		
Calcium 6% • Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Calories	2,000 2,500
Total Fat	Less Than	65g 80g
Saturated Fat	Less Than	20g 25g
Cholesterol	Less Than	300mg 300 mg
Sodium	Less Than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

Notes

Wash hands and use clean gloves to wash, drain and prepare vegetables.

Tear greens into bite-sized pieces, mix and cover.

Wash tomatoes. Dice tomatoes Cover and refrigerate tomatoes separately at 40 degrees or below until time to assemble and serve salads. When ready to serve combine tomatoes with lettuce, and portion out 2 cup servings on large bowl or plate.

Top with Taco Meat/Bean mixture (separate recipe) portioning using the serving size and utensil indicated on the recipe. Serve with 1 oz tortilla chips - see package for # of chips to = 1 oz